GENERAL REFERENCES

BOOKS AND MULTIMEDIA:


Sharon Salzberg  Real Happiness: The Power of Meditation (2010)
Real Happiness at Work: Meditations for Accomplishment, Achievement and Peace (2013)

WEBSITES:
www.umassmed.edu/cfm
www.mindandlife.org
www.yogajournal.com/practice/meditation

MAGAZINE (and website)
mindful: taking time for what matters
www.mindful.org

DEVICES, COMPUTER SETTINGS AND APPS:
Meditation Timer (numerous types & styles); Mindfulness Bell (available mindfulnessdc.org); also Bell of Mindfulness which can be added as an extension or add-on to your web browser

Breathe, Stop and Think (app from Tools for Peace)

Buddhify 1 & 2 (apps from 21awake-UK)

Insight Timer (with both timer and many guided meditations)

Mindfulness I & II (apps from MindApps)

Plum Village Meditations (in the tradition of Thich Nhat Hanh)

Simply Being: Guided Meditation for Relaxation and Presence